

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

FIRST NAMED INVENTOR : David MUNSON Confirmation No.: 5591
FOR : Method and apparatus for physical fitness training
APPLICATION NO. : 10/737,018
FILING DATE : December 16, 2003
EXAMINER : Glenn E. Richman
ART UNIT : 3764
CUSTOMER NO. : 23380

**AMENDMENT AND RESPONSE
TO RESTRICTION REQUIREMENT**

Mail Stop Amendment
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Sir:

The one month period for responding to the Restriction Requirement of June 15, 2007, expired on July 15, 2007. Accordingly, Applicant respectfully requests and petitions that the response date be extended one-month, up to and including, August 15, 2007. Payment of the \$60.00 extension fee for a small entity is transmitted herewith.

In response to the Restriction Requirement of June 15, 2007, please amend the above-identified application as follows:

Amendments to the Claims are reflected in the listing of claims which begins on **page 2** of this paper.

Remarks/Arguments begin on **page 7** of this paper.